

rules of health has enjoyed the widest popularity until our own day; from the introduction of printing up to 1846, two hundred and forty editions of the work had been published. It is a compilation of numerous salutary if simple maxims as to the care of the body such as:

si vis incolumem si vis te vivere sanum
 Curas tolle graves, irasci crede
 profanum
 Parce mero casnato param non sit tibi
 vanum.
 Surgere post epulas, somnum fuge
 meridianum.
 Si tibi deficient medici medici tibi fiant.
 Haec tria mens laeta, requies,
 moderata diaeta.

The fame of Salerno was attested by the many princes who came to recover from wounds or disease there in the eleventh and twelfth centuries. The skill of the doctors in poisons was also less happily availed of: when, for instance, Bohemund retired to Salerno in 1083 to recover from the wounds got in the Greek expedition, his step-mother Sigelgaita, intent on getting the duchy for her own son, bribed the doctors to poison Bohemund; Guiscard, however, hearing of it, swore with a great oath that should his eldest son die, Sigelgaita should pay for it with her own head.*

Among the archbishops of Salerno, Romuald II., (1153-1181), the historian, was also skilled in the art of medicine and was probably a

licentiate
of the School of Salerno. He speaks
of himself

¹ Ordericus Vitalis, *Hist. Eccles.*, in Duchesne,
Scriptores *Nor-*
mannorum, lib. vii., p. 644.